

**Full Report (All Nutrients) 32028, Turnover, filled with egg, meat and cheese, frozen**

Report Date: December 04, 2015 23:42 EST

Nutrient values and weights are for edible portion.

**Food Group : Meals, Entrees, and Side Dishes****Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece turnover 127g	1 serving
<b>Proximates</b>						
Water	g	57.21	--	--	72.66	
Energy	kcal	228	--	--	290	
Energy	kJ	952	--	--	1209	
Protein	g	7.87	--	--	9.99	
Total lipid (fat)	g	12.60	--	--	16.00	
Ash	g	1.65	--	--	2.10	
Carbohydrate, by difference	g	20.67	--	--	26.25	
Fiber, total dietary	g	0.8	--	--	1.0	
Sugars, total	g	7.87	--	--	9.99	
<b>Minerals</b>						
Calcium, Ca	mg	79	--	--	100	
Iron, Fe	mg	2.13	--	--	2.71	
Magnesium, Mg	mg	16	--	--	20	
Phosphorus, P	mg	111	--	--	141	
Potassium, K	mg	177	--	--	225	
Sodium, Na	mg	378	--	--	480	
Zinc, Zn	mg	0.99	--	--	1.26	
Copper, Cu	mg	0.064	--	--	0.081	
Selenium, Se	µg	14.0	--	--	17.8	
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	
Thiamin	mg	0.261	--	--	0.331	
Riboflavin	mg	0.224	--	--	0.284	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece turnover 127g
Niacin	mg	2.726	--	--	3.462
Vitamin B-6	mg	0.084	--	--	0.107
Folate, total	µg	46	--	--	58
Folic acid	µg	34	--	--	43
Folate, food	µg	12	--	--	15
Folate, DFE	µg	70	--	--	89
Choline, total	mg	28.9	--	--	36.7
Vitamin B-12	µg	0.33	--	--	0.42
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	39	--	--	50
Retinol	µg	37	--	--	47
Carotene, beta	µg	20	--	--	25
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	157	--	--	199
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	15	--	--	19
Vitamin E (alpha-tocopherol)	mg	0.65	--	--	0.83
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.5
Vitamin D	IU	15	--	--	19
Vitamin K (phylloquinone)	µg	3.8	--	--	4.8
<b>Lipids</b>					
Fatty acids, total saturated	g	5.512	--	--	7.000
4:0	g	0.017	--	--	0.022
6:0	g	0.012	--	--	0.015
8:0	g	0.099	--	--	0.126
10:0	g	0.121	--	--	0.154
12:0	g	1.340	--	--	1.702
13:0	g	0.000	--	--	0.000
14:0	g	0.600	--	--	0.762
15:0	g	0.005	--	--	0.006
16:0	g	2.158	--	--	2.741

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece turnover 127g	1 serving
17:0	g	0.019	--	--	0.024	
18:0	g	1.090	--	--	1.384	
20:0	g	0.017	--	--	0.022	
22:0	g	0.003	--	--	0.004	
24:0	g	0.001	--	--	0.001	
Fatty acids, total monounsaturated	g	4.298	--	--	5.458	
14:1	g	0.003	--	--	0.004	
15:1	g	0.000	--	--	0.000	
16:1 undifferentiated	g	0.134	--	--	0.170	
17:1	g	0.012	--	--	0.015	
18:1 undifferentiated	g	4.074	--	--	5.174	
20:1	g	0.073	--	--	0.093	
22:1 undifferentiated	g	0.001	--	--	0.001	
24:1 c	g	0.000	--	--	0.000	
Fatty acids, total polyunsaturated	g	2.019	--	--	2.564	
18:2 undifferentiated	g	1.800	--	--	2.286	
18:3 undifferentiated	g	0.103	--	--	0.131	
18:4	g	0.000	--	--	0.000	
20:2 n-6 c,c	g	0.051	--	--	0.065	
20:3 undifferentiated	g	0.015	--	--	0.019	
20:4 undifferentiated	g	0.029	--	--	0.037	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	
22:4	g	0.011	--	--	0.014	
22:5 n-3 (DPA)	g	0.006	--	--	0.008	
22:6 n-3 (DHA)	g	0.002	--	--	0.003	
Fatty acids, total trans	g	0.000	--	--	0.000	
Cholesterol	mg	31	--	--	39	
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	
Caffeine	mg	0	--	--	0	
Theobromine	mg	0	--	--	0	